

SUMMER FIT



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Welcome to SummerFit!

Thanks for making the decision to participate in SummerFit, INShape Indiana's summer health and fitness program. Over an eight week period, you will record points for each of the healthy actions you take daily. Post this tracking sheet in a prominent place -- on your refrigerator, at your desk, or on your closet door -- anywhere that will remind you of your summer health and fitness goals.



SummerFit categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- Completing the "Weekly Bonus" – 10 points

The goal is to reach or exceed 100 points each week through any combination of these healthy behaviors.

Why Physical Activity?



The benefits of physical activity are many. Activity boosts your mental outlook, improves your cardiovascular health, helps with weight maintenance, and relieves stress, in addition to preventing disease. Just 30 minutes of activity a day can result in marked improvement in a number of areas:

- Muscle mass
- Bone density
- Heart rate and blood pressure
- Risk of type 2 diabetes, coronary disease, certain types of cancer

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Before you undertake a new physical activity routine be sure to:

- Get a good pair of shoes for walking and other forms of exercise
- Share your goal with your friends, family, and coworkers.

Consult your physician if you have not been active.

Weekly Bonus

Earn your bonus points this week by taking a swim. Spend at least 30 minutes in the water playing, swimming laps, or otherwise raising your heart rate and earn 10 bonus points. Swimming is an excellent way to improve your level of fitness. It can be done at any one of thousands of pools throughout the state, it cools you off in the summer heat, and it's fun.

